

PANCHKARMA
D.Panchkarma
First Year

Theory (Two papers) - Maximum Marks -100(each)
Practical (one) –Maximum Marks-100

Paper – I
Introduction to Snehana, Swedana, Vamana and Virechana Karma
Part-A

Introduction

1. Basic Principles of Ayurveda and Kayachikitsa.
2. Derivation, Definition, History, Origin and scope of Panchkarma.
3. Panchkarma in Ashtanga Ayurveda.
4. Indication for Shodhana and Shamana Therapy.
5. Qualities of Panchkarma Vaidya.

Snehana

1. Etymology and definition of Sneha and Snehana.
2. Introduction and General consideration about Snehana.
3. Snehashrayas.
4. Properties of Snehana Dravya.
5. Classification of Snehana.
6. Quality and utility of Uttama Sneha.
7. Snehapaka vidhi with their varieties and uses.
8. Indications and contraindications of Snehana.
9. Abhyantara Snehana – Acchapanas, Snehavicharana, Sadyasnehana and Avapidaka Sneha.

Swedana

1. Etymology and definition of Swedana.
2. General consideration about Swedana.
3. Properties of Swedana and Swedopaga Dravya.
4. Classification of Swedana therapy.
5. Indications and contraindications.

Upakalpana

1. Knowledge about the materials, equipments and instruments used in Panchkarma and physical medicine.
2. Knowledge of technical modification of equipments to be used in Panchkarma.
3. Knowledge of Ahara and Aushadhi Kalpana used in Panchkarma.

Part-B

Sharir Vivechana in relation with Panchkarma

1. Concept of Twacha, Kaal, Ashaya, Kostha, Shakha, Srotas, Nasa Sharir Pranayatana, Shatchakra, Nadi, Peshi, Snayu, Sandhi, Marma and their implication in the practice of bio-purificatory and rehabilitative procedures of Panchkarma.
2. Concept of 'Gut Brain', its relevance to Vata System and Basti Therapy.

Vamana Karma

1. Etymology and definition
2. General consideration
3. Properties of Vamaka and Vamanopaga Dravya.
4. Vamaka dravya according to various Samhita.
5. Vamana Yoga and their different ways of administration.
6. Sadyo Vamana and its utility.
7. Indications and contra-indications (general and specific) in various diseases and their stages.
8. Dose fixation- general and specific.

Virechana Karma

1. Etymology and definition
2. General consideration
3. Properties of Virechaka and Virechanopaga Dravya
4. Virechana Dravya according to various Samhita
5. Types of Virechana and administration method
6. Indications and contra-indications (general and specific) in various diseases and their stages
7. Dose fixation- general and specific.

Paper – II

Introduction to Basti, Nasya, Raktamokshan and Physiotherapy

Part-A

Basti Karma

1. Etymology and definition
2. General consideration and introduction
3. Classification of Basti
4. Drugs useful in Basti
5. Indications and contraindications (General and Specific) of Basti Kalpana in various diseases and their stages
6. Description of Basti Yantra - Basti Netra and Basti Putaka
7. Dose fixation of Niruha and Anuvasana Basti

Uttar Basti

1. Definition of Uttar Basti
2. Uttar Basti Netra and Basti Putaka
3. Dose of Uttar Basti both in Male and Female / Sneha and Kashaya Basti

Part-B

Nasya Karma

1. Etymology and definition
2. General consideration and introduction
3. Nasya Dravya according to various Samhita
4. Classification of Nasya
5. Indications and contraindications
6. Dose fixations of different Nasya
7. Detailed study of different Nasya formulations like Ksheerabala/Anutaila/Shadbindu, etc.

Raktamokshan

1. Definition
2. General principles of Raktamokshan
3. Classification of Raktamokshan
4. Indications and contra - indications
5. General and specific indications of different Raktamokshan techniques

Physiotherapy

1. Definition
2. Introduction to physiotherapy
3. Basic principles of physiotherapy
4. Utility of physiotherapy vis a vis Ayurveda
5. Indication and contra-indications of physiotherapy in various disorders.

Second Year

Theory (Two papers) - Maximum Marks -100(each)
Practical (one) –Maximum Marks-100

Paper – I

Applied aspects of Snehana, Swedana, Vamana and Virechana Karma

Part –A

Snehana

1. Abhyantar Snehana
Poorva karma - Rogipariksha (Examination of Patient), Koshtapariksha, Agnipariksha (Fixation of dose Diet)
Pradhana karma - Administration of Sneha
Jeeryamana (observation) – Jeerna, Ajeerna, Asnigdha, Atisnigdha Lakshana-Samyak Yoga/ Ayoga/ Atiyoga Lakshanas, Sneha Vyapat and treatment.
Pashchat karma - Pariharavishaya (Planning of shodhana).
2. Bahya Snehana
Detailed description of Lepana, Samvahana, Udvartana, Mardana, Padaghata, Murdhni taila, Gandusha, Kavala, Abhyanga– Marma and massage, Karna poorana, Akshi tarpana, Taila dharana, Kati Basti (Tarpan), Janu Basti (Tarpan), Prishtha Basti (Tarpan), Hridaya Basti (Hridaya tarpan) etc.

3. Proper understanding of digestion and metabolism of fat.
4. Karmukatva of Snehana
5. Prescription of different Sneha Yoga in different disorders
6. Knowledge of new Sneha dravya used at present time like olive oil, groundnut oil, etc.

Swedana

1. Kerala specialities of Swedana like Churna, Pinda Sweda, Jambheera/Patrapottali/Shastikashali Pinda Swedana/ Kayaseka/ Ksheera Bhaspa Sweda, etc.
2. Administration of Swedana chikitsa- Poorvakarma
3. Samyak Yoga/Ayoga/Atiyoga lakshana
4. Swedana complications and management.
5. Karmukatva of Swedana.

Part-B

Vamana Karma

Poorva karma –

1. Collection of medicine and materials
2. Examination of Patient
3. Preparation of patient

Pradhana karma –

1. Administration of vamana dravya
2. Observation of Samyakyoga/Ayoga/Atiyoga lakshana and their management.

Pashchat karma –

1. Dhumapana
2. Samsarjana and Santarpana karma
3. Parihara vishaya
4. Vyapat and its management

Physiology and pharmaco-dynamics of Vamana Karma.

Virechana Karma

Poorva karma-

1. Collection of medicines and materials
2. Examination of patient
3. Preparation of patient

Pradhana karma –

1. Administration of Virechana dravya
2. Observation of Samyakyoga/Ayoga/Atiyoga lakshana and treatment

Pashchat karma –

1. Samsarjana and Santarpana karma
2. Parihara vishaya
3. Planning of next shodhana
4. Vyapat and its management

Physiology and pharmaco-dynamics of Virechana Karma.

Paper – II
Applied aspects of Basti, Nasya Karma, Raktamokshan and Physiotherapy
Part-A

Basti Karma

Administration of Basti

Niruha Basti

Poorva karma-

1. Examination of the patient according to Dosha, Aushadha, Desh, Kaal etc.
2. Preparation of medicine
3. Preparation of patient

Pradhana karma-

1. Administration of Basti
2. Observation of expulsion
3. Samyakyoga /Ayoga/Atiyoga lakshana

Pashchat karma-

1. Follow up
2. Parihara vishaya, Kaal Diet
3. Vyapat and its management.

Anuvasana Basti

Poorva karma-

1. Preparation of medicine
2. Preparation of patient

Pradhana karma-

1. Administration of Basti
2. Samyakyoga /Ayoga/Atiyoga lakshana

Pashchat karma-

1. Basti pratyagamana
2. Diet
3. Vyapat and its management

Matra Basti

Detailed study of different Basti formulations like Ksheera Basti, Vaitarana Basti, Vrishya Basti, etc.

Uttar Basti

Administration of Uttar Basti-

- a) Poorva karma
- b) Pradhana karma
- c) Pashchat karma

Physiology, pharmaco-dynamics of Uttar Basti karma

Part-B

Nasya Karma

Administration of Nasya-

Poorva karma-

1. Collection of medicine and materials
2. Examination of patient
3. Preparation of patient

Pradhana karma -

1. Administration
2. Observation and follow up
3. Samyakyoga /Ayoga/Atiyoga lakshana
4. Vyapat and its management

Pashchat karma -

1. Immediate follow up
2. Dhumapana , kavala, gandusha
3. Diet
4. Parihara vishaya
5. Nasyottara karma

Physiology, pharmaco-dynamics of Nasya Karma

Raktamokshan

Administration of Raktamokshan-

Poorva karma- Collection of Jalauka (Leeches) and materials Examination of Patient, preparation of patient, preparation of Jalauka

Pradhana karma- Administration of Raktamokshana by different techniques
Observation of Samyakyoga/Ayoga/Atiyoga lakshana and Management

Pashchat karma- Management of patient
Parihara vishaya and Parihara kaal
Vyapat and its Management

Karmukatva of Raktamokshan (pharmacodynamics)

Physiotherapy

Knowledge and administration of below mentioned Physiotherapy techniques / instruments-

1. Ultrasound
2. Magneto therapy
3. Nerve conduction therapy
4. Diathermy
5. Laser therapy
6. Ultraviolet therapy
7. Wax therapy, etc

PRACTICALS

Contents of Practical

1. The student should undertake the responsibility in the management and treatment of patients independently through Panchkarma and Upadrava of Panchkarma.
2. Students should have to go through exposure to all the physiotherapy procedures.
3. Student should acquire self experience of the Panchkarma procedure according to the seasons.
4. Assessment of the Vega.
5. Knowledge of Samsarjana Krama.

Pattern of Practical Examination

1. Case record	10 marks
2. Upakarma (Minor procedures)	10 marks
3. Pradhan karma (Major procedures)	20 marks
4. Identification of drugs useful in Panchkarma	10 marks
5. Project work	20 marks
6. Viva-voce	30 marks
Total	100 Marks

Text Books for Reference

1. Charak Samhita with Ayurveda Dipika by Chakrapani and Jalpakalpataru by Gangadhara
2. Sushrut Samhita with Nibhandha Samgraha by Dalhana and Nyayachandrika by Gayadasa and Panjika by Swami Kumar
3. Ashtanga Hridaya with Sarvanga Sundara and Ayurveda Rasayan commentaries
4. Ayurvediya Panchkarma Chikitsa : Dr Mukundilal Dwivedi
5. Panchkarma Vigyan : Dr Haridas Shreedhar Kasture
6. Illustrated Panchkarma : Dr G Srinivasa Acharya
7. Clinical Panchkarma (English) : Dr P.Yadaiah
8. Prayogika Panchkarma (Hindi) : Dr P. Yadaiah
9. Vividha Vyadhiyome Panchkarma (Hindi) : Dr P. Yadaiah
10. The Panchkarma Treatment of Ayurveda with Kerala Specialities : Dr T.L. Devaraj
11. Panchkarma Therapy : Dr R.H. Singh
12. Principles and practice of Basti : Dr Vasudevan Namboodri, Dr. L. Mahadevan